



# SENIOR SCOOP

A NEWSLETTER OF THE ASHBY COUNCIL ON AGING

September 2016

895 Main St., Box 11, Ashby, MA 01431 (978) 386-2424 ext. 27

coa@ashbyma.gov

Marcia Zaniboni Director  
OFFICE HOURS starting Sept 13  
Tuesdays 10:00am - noon  
or by appointment.

## **978-386-2424 (ext. 27)**

Ashby Town Hall (Lyman Building) 895 Main St., 3rd floor. There is an elevator on the back of the building for access.

## **SAVE THE DATES**

Sept 10 Ashby 200 Auction  
Sept 14 Movie  
Sept 21 Rep. Harrington  
Sept 28 Movie  
Oct 14 Essex River Trip  
Oct 21 SHINE by appt

The newsletter **will** be mailed in October. It will also be placed at several places around town. And you can always view on the Town website at <http://ci.ashby.ma.us/coa/>

## **Our Mission Statement:**

*The Ashby Council on Aging (COA) is dedicated to enhancing the quality of life of Ashby seniors by offering services that strive to promote each person's independence and healthy, successful aging.*

## **COA Board**

Jan Miller, *Chair*  
Nancy Catalini, *Vice Chair*  
Oliver Mutch, *Treasurer*  
Elsie Fredrickson, *Secretary*  
Linda Stacy  
Jann Grutchfield  
Leslie Anderson

## **Council on Aging Meetings**

The Ashby Council on Aging meets on the second Wednesday of each month (except July and August). At 3:30 pm in the COA office which is located on the third floor of the Lyman Building. Meeting are open to the public and all are welcome.

## Resources



**Friday**

**October 21**

**12:00 -3:00**

Medicare open enrollment begins October 15th . This is your annual opportunity to change plans. We will have a SHINE counselor here to meet with you individually to help select the best plan for you. This is also a good opportunity for those turning 65 to select a plan. Please call to make an appointment.

### **FUEL ASSISTANCE**

Fuel assistance will be available again this year beginning November 1. We will start to schedule appointment in October, once we get the new application forms and guidelines

### **BENEFITS CHECK-UP**

at **[www.benefitscheckup.org](http://www.benefitscheckup.org)** . Quickly find federal, state and private benefit programs available to help you save money on prescription drugs, health care, meals, utilities, taxes, and more.

### **SUPPORT GROUPS**

*(Please call site to verify date/time)*

#### **CAREGIVER SUPPORT GROUP**

Montachusett Home Care Corp.  
680 Mechanics St., Leominster  
(800) 734-7312

Meets 3rd Thursday of the Month  
10:00—11:15 am

#### **You Too? Me Too!**

A morning social for women surviving the loss of a significant other.  
Third Saturday of each month.  
10:30 to Noon

#### **ALZHEIMER'S SUPPORT**

The Highlands  
335 Nichols Rd., Fitchburg  
(978) 343-5368  
Meets first Thurs. of month 6 p.m.

#### **WIDOWHOOD SUPPORT**

Montachusett Home Care Corp.  
Facilitator: Peter Sylvia  
(800) 734-7312  
Meets Thursdays 5:30 p.m.

#### **LEGAL AID**

Community Legal Aid provides *free civil legal assistance* to the elderly. Priority is given to loss of housing, income and health care, and physical and legal abuse. Call the Elder Law Unit at 855-252-5342.

## Ongoing Programs

### MEALS ON WHEELS

The Ashby COA through Montachusett Opportunity Council provides meals to seniors who require assistance with meal preparation. Hot noon time meals are delivered to an individual's home. Frozen meals for evenings and weekends may also be available for delivery with the noon meal. Each meal meets 1/3 of the RDA for adults, and is appropriate for a 'no added salt' diet. Therapeutic diet meals are available with a doctor's prescription.



Eligibility: Must be at least 60 years of age and homebound. Requested donation is \$2.25 per meal. Call the Ashby COA office at 978-386-2424 ext. 27 if you would like to receive Meals on Wheels.

### ASHBY COUNCIL ON AGING VAN

MART Shuttle Service is available to all eligible (60 years or older, or ADA qualified) individuals. Ashby residents may use the van Monday - Friday for medical appointments, social day care and shopping. The van is available from 8:00 a.m. to 5:00 p.m.

Interested residents should call:

**Jennifer Collins Monday through Thursday at 386-2501, ext. 11** to apply and schedule use. Riders must be scheduled by 2:30 p.m. the day before the travel date.

If you need to cancel your scheduled ride or if there is a problem the day of travel please call MART dispatch at 345-7711, option 3.

**Want To Go Shopping with a Friend?** Call for the Van!

### ASHBY FOOD PANTRY

is open on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 6:00 - 7:30 pm in the Selectmen's meeting room at Town Hall. Please bring proof of residency. If you have questions, please contact ***ashbyfoodpantry@gmail.com***

## ***Things To Do***

### **Mondays**

Look for special crafts and other programs scheduled throughout the year.

### **Tuesdays**

Knit and other handcrafts at the Library 10:30 -12:30

Food Pantry 2nd and 4th Tuesday, 6:00 - 7:30 pm

### **Wednesdays**

Breakfast at 873 Café at 9:00. Many Wednesdays there is a speaker on topics of interest to you. Seniors will receive a 10% discount on their meal.

Movie Matinee at the Library ay 1:30. Check for schedule

Band Concerts return to Town Common

### **Thursdays**

Get together with your friends and make new friends by coming to the Library for a game of Scrabble and more.

### **Fridays**

Take the van shopping. Here is the suggested schedule:

1<sup>st</sup> Friday Townsend Hannafords

2<sup>nd</sup> Friday Fitchburg (John Fitch) Market Basket and Farmer's Market

3<sup>rd</sup> Friday Lunenburg Hannafords

4<sup>th</sup> Friday Whitney Field Market Basket

### **Saturdays**

Chair Yoga at Town Hall 9:00 am \$5.00 per class. Healthy movement from seated and standing positions

### **Sundays**

Beginner Yoga at Town Hall 8:30 am. \$5.00 per class

Focus on simple yoga postures and routines.

## *Special Programs*

### **TRIPS**

**Friday October 14**

#### **Essex Steam Train and Riverboat**

Enjoy lunch on a 1920's Pullman dining car and cruise the sight-seeing on the Connecticut River aboard a riverboat. More details to come; please call. Sign-up (with payment) begins September 20th.

### **CHAT AND CHEW**

Enjoy breakfast with your fellow seniors with a 10% discount every Wednesday at the 873 Café.

#### **Wednesdays at 873 Café**

**9:00 Breakfast**

**Wednesday, Sept 21**

#### **State Rep Sheila Harrington**

will be here to talk with you about what is happening at the state and locally. Bring your questions.

### **ASHBY 250 AUCTION**

Ashby 250th Fund Raising Auction will be Sep 10th @4PM on the Common. Pictures of items they have are on our Facebook page-- Ashby 250th Celebration. Please spread the word to your neighbors and friends and most importantly come to the auction and buy some great stuff". They have many nice items in but could still use more. Call Rod Gaudreau @978-342-9959 for pick-up.

### **Wednesday Movie Matinee**

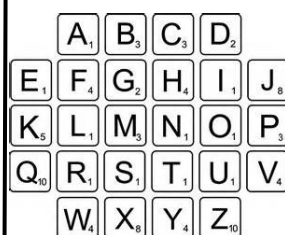
**1:30 at the Ashby Library**

#### **Sept 14 - Eddie the Eagle**

Michael "Eddie" Edwards was an unlikely but courageous British ski-jumper who never stopped believing in himself – even as an entire nation was counting him out, making an improbable and historic showing at the 1988 Calgary Winter Olympics.

#### **Sept 28 - Miracles From Heaven**

Based on a true story, when a mother discovers her 10-year-old daughter has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After a freak accident, an extraordinary miracle unfolds.



### **Thursday Scrabble**

The Ashby Free Library will host Scrabble (and other) games every Thursday. Just show up at 1:30, ready to play.

### **9/11 Service of Remembrance**

honoring First Responders,  
September 11, 2016 at 5:00 PM,  
Christ Church Fitchburg, 569 Main  
Street, Fitchburg.

## ***More Assistance***

### **MEDICARE FRAUD**

#### **Medical Equipment Fraud:**

Equipment manufacturers offer “free” products to individuals. Insurers are then charged for products that were not needed and/or may not have been delivered. You may not be able to later get the equipment you need, because Medicare already paid for fraudulent equipment

#### **“Rolling Lab” Schemes:**

Unnecessary and sometimes fake tests are given to individuals at health clubs, retirement homes, or shopping malls and billed to insurance companies or Medicare.

#### **Services Not Performed:**

Customers or providers bill insurers for services never rendered by changing bills or submitting fake ones.

#### **Medicare Fraud:**

Medicare fraud can take the form of any of the health insurance frauds described above. Senior citizens are frequent targets of Medicare schemes, especially by medical equipment manufacturers who offer seniors free medical products in exchange for their Medicare numbers. Because a physician has to sign a form certifying that equipment or testing is needed before Medicare pays for it, con artists fake signatures or bribe corrupt doctors to sign the forms. Once a signature is in place, the manufacturers bill Medicare for merchandise or service that was not needed or was not ordered.

### **WEBSITE OF THE MONTH**

**<http://www.smpresource.org>**

National resource for preventing and reporting Medicare fraud includes an extensive list of common frauds.

## ***Outreach***

The purpose of the Outreach Program is to make contact with Ashby's senior citizens, determine their needs and interests, and meet those needs and interests through appropriate referrals, program development and advocacy. The COA Director can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call the COA office at **978-386-2424 ext. 27**.

### ***Applications/Information Available at the Council on Aging Office***

- Food Stamps
- Home Modification Loan Program
- MA Health Buy-In Program
- RMV Disable Placards app.
- Senior Pass (for federal parks)
- Circuit Breaker Tax Credit
- Caregiver info. Packet
- Fuel Assistance
- Prescription Advantage



**Ashby Council On Aging**

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Ashby, MA 01431

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*Distribution of this newsletter is made possible by a grant from the  
Massachusetts Executive Office of Elder Affairs*



Our COA volunteers are a special group who deserve special recognition. Whether they deliver meals, fold newsletter, or serve on the board, they give their all throughout the year. Some have served for many years and some for just a few months.

We still can use Meals on Wheels drivers and are looking for people to call shut-ins during bad weather.

If you have a few hours o month or a week, let us know. We would love to have you join this wonderful group.